

# Dover Recreation News

City of Dover, New Hampshire  
Recreation Department

## SUMMER 2009



Photo courtesy of Lydia Williams



### Fireworks: July 4th

(Raindate: July 5th)

This year's fireworks will be held in downtown Dover! Fireworks display will begin at approximately 9:15pm.

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# Camp Sun 'n Fun

**Activities:** Themed-weeks, disc golf, archery, swimming, sports, contests, arts and crafts, games, golf, team challenges, cook-outs, Red Carpet and Fear Factor day, Gold Rush, tournaments, water games, music, nature walks, special events, orienteering, weekly trips, camper awards, CIT Program (counselor-in-training), and end of season parent/camper cook-out.

**Who:** Boys and girls ages 6 through 12 (as of 6/1/09) who reside in Dover and nearby communities. The Recreation Department has the right to review, suspend, and terminate participation of any child in this program due to behavioral issues.

**When:** June 29th - August 14th. You may register for one or more weeks, but not less than one week. Camp hours are from 8:30am - 4:00pm.

**Where:** Bellamy Park is camp headquarters. The park is a lovely spot complete with a sparkling stream, tall pine trees, nature trails, disc golf course, grassy play areas, and camp building which includes a kitchen, activity and meeting rooms, first aid and restroom facilities.

**Fees:** \$140 per week (\$135 for each additional child in the immediate household family).

**Childcare:** Pre & Post childcare is available at an additional fee of \$15/week each for pre or post care; or \$30 for both. Pre childcare runs from 7:30-8:30am and post childcare is 4-5pm.

**Registration:** Registrations begin at Dover Recreation - McConnell Center (Door #3) once our summer brochure is published. **One week of camp fees (including child care if applicable) is due at time of registration and is applied to the child's last week of camp.** A \$10 non-refundable administration charge for each week is included in the fee. **Payments for camper weeks are due one week in advance, on the Monday preceding the week your camper will attend, no exceptions to the rule. If payment has not been made at Dover Recreation by closing time the Monday preceding the week your camper will attend, your child will be cancelled from camp for that week at your expense, and a \$10 cancellation fee will be charged.** All payments are due and payable at Dover Recreation, no payments will be accepted at Camp Sun 'n Fun. Registrations and payments can be made during our normal business hours 7am-8pm Monday through Thursday and 7am-5pm on Fridays.



# Camp Kool @ The Dover Arena!

Camp Kool is a summer day camp for children ages 6 through 12 (as of 6/1/09) residing in Dover and surrounding communities. Camp Kool is held in the Dover Arena and Guppey Park. This park and facility boasts a 17,000 square foot indoor facility, the Charles Holt Rink, Guppey ballfield, picnic pavilion, and acres of grassy and forested areas for campers to enjoy. Activities include various sports, swimming, ice skating, outdoor adventures, arts/crafts, weekly trips, games, team building activities and much, much more! You may register for one or more weeks, but not less than one week. Sign-ups begin once our summer brochure is published. Camp will run from Monday, June 29th to Friday, August 21st. Camp hours are 7:30am-5:00pm.

**Costs:** \$175 per week; \$170 per week for each additional child in the immediate household family. Campers receive a t-shirt the first week of camp.

For more information, please visit [www.doverarena.com](http://www.doverarena.com) or call the Dover Arena at 516-6060!

## Theater & Music

Dover Recreation and music instructor Jeff Leaf are offering two popular summer programs for ages 7-12 years old. Both programs will be held at the Dover City Hall Auditorium; spaces are limited. For more information, please call Jeff at 834-0296.

**Fun on Stage (Ages 7-9):** This one-week program focuses on having fun on stage and ends with a presentation. Monday through Friday, June 29 - July 3rd, 9am-Noon. Fee \$80.

**Youth Music Theater (Ages 10-14):** The focus and highlights of this two-week program include scene acting, vocal work, dancing and theater games. Ends with a musical revue. Monday through Friday, July 6 - 17, 9am-Noon. Fee: \$150

All details, including sign-up dates and times, limited spaces in programs or deadlines of programs may not be listed in this brochure due to limited space. Please call 516-6401 for a more detailed description of programs!



# Playground Program

Registration procedure: Sign-ups begin April 15th. This program is for Dover residents only! Proof of age and residency may be requested at the time of sign-up. Space at each park will be limited, so early sign-up is strongly recommended.

This program is for Dover residents ages 6 (as of 6/1/09) through 12. Playgrounds is a 7-week program, running from June 29 - August 14th, Monday through Friday from 8:30am-3:30pm. Playgrounds counselors provide scheduled activities at the parks (Horne Street, Garrison, or Mineral Park), and participants are able to go swimming, play games, sports, and arts & crafts. Weekly trips are taken to state parks, beaches, or other area attractions. An end of the year trip to Water Country usually requires an additional fee.

Playgrounds is a *weather-dependent* program. Morning and/or afternoon playground programs will not be held in inclement weather. While we do our best to hold the program, there are times that mother nature does not allow that to happen. Listen to local radio stations (WTSN & WOKQ) for cancellations and postponements! The daily/weekly schedule is subject to change depending upon weather conditions and activity priorities.

**Fee:** \$320 per child (*for the entire 7-weeks!*) if payment is made **BEFORE** May 31st. *After June 1st, the cost is \$350 per child.* Full payment must be made prior to the start of the program. Call the office at 516-6412 for more information. A \$10 non-refundable administration charge is included in this fee.

\*The Recreation Department reserves the right to close or relocate any designated playground within the City, if playground attendance is below the minimum number of 12 children. The Recreation Department also reserves the right to suspend or terminate the participation of any child in the playground program due to behavioral issues.



## Golf Classes for Kids

Dover Recreation and The First Tee of New Hampshire are teaming up again! For children ages 5-7, the First Tee of New Hampshire's introductory TARGET SNAG program seeks to familiarize them with the game of golf and touches on the core values. Children will be given an introduction to some very basic golf skills such as grip, stance, swing, putting, and chipping. Registration can be done in person at the McConnell Center. Space is limited, so sign up early!

Children ages 5-7: SNAG classes will be held at the Pease Golf Course in Portsmouth.

Dates: July 16, 23, & 30th; 9am-10am.

Cost: \$30 (includes all 3 sessions!)

For children ages 8-17, The First Tee Golf and Life skills program offers unique and fun learning opportunities. Participating children work on nine core values and a progression of life and golf skills. Over time, participants are encouraged to work through PAR, BIRDIE, and EAGLE levels of achievement. Participants may bring their own equipment, but it will be supplied for anyone needing it. Space is limited. Transportation will not be provided. Registration can be done in person at the McConnell Center.

**Fee:** \$75 per session; \$125 for both sessions (if you sign up for both at once)

Sessions:	June 23, 24, 25 (Tues., Wed., & Thurs.)	9am-11am	Pease Golf Course
	August 18, 19, 20 (Tues., Wed., & Thurs.)	9am-11am	Pease Golf Course

## Littlefield Network Tennis

Littlefield Network Tennis will be running tennis camps and lessons again this summer! All programs are held at the Woodman Park Tennis Courts. Programs will begin on June 29th. Information packets are available at the McConnell Center. For more information you can call them directly at 373-8112 or email [nhtennis@comcast.net](mailto:nhtennis@comcast.net)!

## Hershey Track Program

Start Date: May 26th

Come and learn how to run, jump, and throw! This program is an introduction to track as well as being a lead up to the New Hampshire State Hershey Track Meet, which is held in July. Running shoes are recommended (racing spikes are not allowed). This program is for those students who will be ages 9-14 by 12/31/09. Practices will be twice a week. Fee - \$50.

Practices held at DHS Track. Times & Dates to be determined.

# Dover Community Senior Center

Senior Center: 516-6436 Senior Travel: 516-6437

Senior Center Hours of Operation: Monday - Friday 9am-3pm

Senior Center Travel Department Hours: Tuesdays & Thursdays 9am-3pm

We welcome adults 50+ years young from Dover and surrounding communities. The Senior Center is part of Dover Recreation and is located at 61 Locust Street in Dover. Park in the Dover Public Library/McConnell Center parking lot off of Locust Street and enter Door #1 of the McConnell Center.

We have many interesting programs and activities to offer, including a very active Travel Department located within the Senior Center offering day, overnight and extended trips to a variety of locations.

Some of our programs and activities include, but are not limited to, Fitness Classes (cardio, muscle strengthening, range of motion, and Yoga too!), daily games, mystery luncheons (3 times a month), computer lab, book club, visiting nurse checks (none in August), special events, dancing, self-guided day trips, featured speakers, monthly socials (none in June, July, or August), and we have our own musical group, the Silver Strummers Ukulele band. Stop in the center to check for newly added programs and activities throughout the summer.

Whether you have lived in Dover all your life and just haven't had a chance to stop in or you are new to the area and are just looking for something to do and meet new friends, join us at the Dover Community Senior Center. We have a friendly staff to welcome you, an active membership, and there is always a pot of coffee brewing.

Senior Center Memberships are good for one year from date of purchase and cost \$15 for Dover Residents and \$20 for Non-Residents until June 30th. As of July 1st, the cost for Non-Residents will be \$30.

As part of the Dover Community Senior Center membership, members have the opportunity to use the fitness area of Dover Recreation, Monday through Friday from 9am-12noon. The fitness area includes a Cybex circuit room, cardio and free weight rooms, and a warm up and cool down area with mats, exercise balls, and flex bands.

Please visit the Senior Center to pick up our current newsletter, or call 516-6436 to find out about our recurring activities, games and classes.

*Note: The Senior Center will be closed Monday, May 25th, Friday July 3rd, and Monday, September 7th.*

## McConnell Center - Fitness Areas

The fitness facilities at the McConnell Center are a hit! If you haven't seen it, you should come down and check us out! We have a dance/aerobics studio, a cardiovascular workout room, a fitness room complete with medicine balls and core/stability balls, a room with a Cybex circuit, and a room with free weight equipment. We have daily fees, punch passes, and yearly memberships available to help meet your fitness needs!

### Summer Hours (Fitness facilities):

Monday through Thursday: 7am-8pm; Fridays: 7am-5pm

Saturdays & Sundays: 9am-1pm

Check at our front desk for updated schedules or call (603) 516-6401!

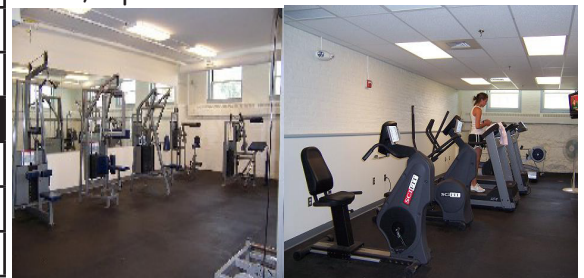
We also have a **basketball court** with open gym times! Gym times are subject to change, so please call 516-6401 for availability! See you on the court!

### McConnell Fitness Center & Basketball Court Rates As of July 1, 2009 (Good from date of purchase)

RESIDENT	Daily	Punch Pass (12 visits)	6-Month Membership	Yearly Membership
Adult	\$5.00	\$50.00	\$60.00	\$100.00
Senior	\$3.00	\$30.00	\$35.00	\$65.00
Youth	\$3.00	\$30.00	\$35.00	\$65.00
NON-RESIDENT				
Adult	\$10.00	\$100.00	\$200.00	\$300.00
Senior	\$6.00	\$60.00	\$100.00	\$150.00
Youth	\$6.00	\$60.00	\$100.00	\$150.00

### Adult Fitness Classes! Pilates Matwork

We do offer adult fitness classes - call us at (603) 516-6401 for current session dates, times, & prices!







The Jenny Thompson Outdoor Pool, named for the Dover Olympian, is a 50 meter competition pool featuring both 1 and 3 meter diving boards. The pool is used during the summer months for Rec Swim, Lap Swim, Swim Lessons and competitive swimming. Being kept slightly cooler than the Dover Indoor Pool, it is a great place to cool off on those hot summer days. The Outdoor Pool will be closed various weekends throughout the summer for swim meets and the Indoor Pool will be made available during that time to accommodate Lap and Recreational swimming. The Pool will open to the public on June 22nd and will close for the season after the Labor Day holiday.

## Indoor Pool Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.
5:30-8am: Early Bird Swim				
8-10:30am: Lessons				
10:30-11:30am: Therapy Swim				
11:30am-1pm: Adult Lap Swim				

**Children ages  
3 and under are required  
to wear a swim diaper while  
swimming in our pool. These diapers  
are available for \$2/each.**

Children under 12 must have an adult on the premises with them.  
All children under 45" tall must have an adult in the pool with them.  
Both pools will close during thunder/lightening storms.  
Dover Recreation reserves the right to make schedule changes as necessary.

Please feel free to call us for schedule updates at (603) 516-6441!

Fees: effective July 1st - Good from date of purchase

## Jenny Thompson Outdoor Pool

RESIDENT	Daily OUTDOOR	Punch Pass (12 visits)	Yearly OUTDOOR
Adult	\$8.00	\$80.00	\$90.00
Senior	\$5.00	\$50.00	\$60.00
Youth	\$5.00	\$50.00	\$60.00
NON-RESIDENT			
Adult	\$15.00	\$150.00	\$200.00
Senior	\$10.00	\$100.00	\$125.00
Youth	\$10.00	\$100.00	\$125.00



## Aquatics Programs

Our Infant toddler class is for children ages 6 months to 3 years. This is a wonderful course that may help your child to become more comfortable in and around the water. Parents and children go into the water together and under the direction of an instructor to learn simple exercises and skills.

Our American Red Cross Preschool program is for children ages 3 to 5 years old. It is broken down into Beginner and Advanced Preschool. The main difference between the two levels is that in the beginner class the children work on skills with support (noodle, barbell, instructor, etc.). The advanced preschool is for those children that are performing these skills more independently. Our American Red Cross Learn to Swim program is for children ages 5 and up. This program is broken up into levels 1-6. Please see skill section for a breakdown of the critical skills of each level. We will take registration until the class is full.

### REGISTRATION:

The classes will be filled on a first-come, first-served basis. Feel free to call with any questions regarding availability of a class or registration procedure. There will be two different times during the summer to register for classes. Confused?? Well here's how it's going to work. The first registration period will begin for **residents on May 30th at 1pm**, for **non-residents on June 6th at 1pm**. At this time you will be able to sign up for Programs 1 and 2. The second set of sign up dates will begin for residents on July 18th at 1pm and for non-residents July 25th at 1pm. At this time you may sign up for lessons that will be taking place for the remainder of the summer. The information that you will need to register at the first sign up dates are included in this brochure, you may pick up the information regarding the second session after July 4th.

Fees: \$45/Residents; \$60/Non-residents

### Morning Sessions:

#### Program #1 June 29th - July 10th (M-F)

8-8:40am	8:45-9:25am	9:30-10:15am
Beg PS: 124110A	Beg PS: 124110B	Adv PS: 124120C
Adv PS: 124120A	Level 1: 124130B	Level 1: 124130C
Level 2: 124140A	Level 2: 124140B	Level 2: 124140C
Level 4: 124160A	Level 3: 124150B	Level 3: 124150C
Level 6: 124200A	Level 5: 124170B	Level 4: 124160C

#### Program #2 July 13th - July 24th (M-F)

8-8:40am	8:45-9:25am	9:30-10:15am
Beg PS: 124110D	Beg PS: 124110E	Beg PS: 124110F
Adv PS: 124120D	Adv PS: 124120E	Level 1: 124130F
Level 2: 124140D	Level 1: 124130E	Level 2: 124140F
Level 4: 124160D	Level 2: 124140E	Level 3: 124150F
Level 6: 124200D	Level 3: 124150E	Level 5: 124170F
<b>10:15-10:45am</b>		
Infant/Toddler: 124100A		



### Skills REQUIRED to pass!

These will give you an idea of what level to register for.

Any questions? Please call us at 516-6441!

**Level 1** - Fully submerge face, front and back floats, swim on front and back for 5 yards assisted.

**Level 2** - Back and front floats 5 seconds independently, swimming with a combined arm and leg action for 5 yards.

**Level 3** - Swim 15 yards with rotary breathing, kneeling and sitting dives, butterfly kick and body motion, HELP and huddle positions.

**Level 4** - Front crawl for 25 yards, entire butterfly stroke, treading water.

**Level 5** - Breaststroke 25 yards, front crawl 50 yards, shallow dive, pike and tuck surface dives and sidestroke.

**Level 6** - Swim 50 yards of each of the 6 strokes, flip turns, survival swimming, 500 yards continuous swim using all of the 6 strokes.



# Dover Ice Arena

Check us out at

[www.doverarena.com](http://www.doverarena.com)

for more program info, schedules,  
stats, special events, and much more!

Robert Foster Rink and Charles E. Holt Rink  
(603) 516-6060

110 Portland Avenue; Dover, NH 03820

**Dover Arena reserves the right to  
make schedule changes as necessary**

The Dover Arena offers programs for just about every skating interest. Our programs include; Learn to Skate for adults & children, public skating, instructional public skating, flex figure skating, youth and adult stick practice, parent/tot stick practice, youth and adult instructional hockey, women's hockey, and a variety of hockey leagues from the advanced player to co-ed hockey recreational leagues.

On these pages you will find a sampling of our programs. For more specific information, please visit us online at [www.doverarena.com](http://www.doverarena.com) or call us at (603) 516-6060.

## ROCK NIGHT

**ROCK AND SKATE TO DJ LIGHTS & MUSIC!**

**7:30 - 9:30 PM**

**EVERY SATURDAY NIGHT!**

**\$10.00 PER PERSON**

**PRICE INCLUDES RENTAL SKATES IF NEEDED.**

### Parent/Tot Skate

April 4 - May 23rd; July 11 - August 29th  
Saturday evenings, 5:30-7:00pm

### Youth Stick Practice

April 4 - May 23rd; July 11 - August 29th  
Saturdays, 4:00-5:20pm

April 5 - May 22nd; July 12 - August 30th  
Sundays, 11:00am-12:30pm  
\$6.00/skater - Goalies Free!

Helmets required; Limit: 20 Skaters

**TIMES SUBJECT TO CHANGE  
PLEASE CALL IN ADVANCE**

## Public Skating

**Instructional Public Skate:** Skaters can practice any figure skating or hockey style moves during these sessions. Skaters may contact a Pro directly to arrange lessons or practice figure skating moves on their own.

**Recreational Public Skate:** Skaters may skate for exercise and fun around the rink to our sound system. No figure skating lessons, moves or hockey sticks will be allowed during these sessions.

**All Public times and schedules are  
subject to change! Please call to  
confirm dates and times!**

**Online: [www.doverarena.com](http://www.doverarena.com)**

### Instructional Public Skate

March 31 - May 22nd

July 6 - August 31st

Monday - Friday 10:00-11:20AM

and Thursdays: 3:30-4:50pm

None: 7/20 - 24; 8/3 - 8/7



### Recreational Public Skate

March 30 - May 22nd; July 6 - August 28th

Monday - Friday 1:00-2:50pm

and Tuesdays: 3:30-4:50pm

Time Changes: 7/6 - 7/10 2:30-3:50pm

7/20-7/24 1:30-3:30pm

None: 8/3-8/11

April 2 - May 23rd; July 11 - August 29th

Saturdays 12:30-1:50pm

April 12 - May 17th; July 12 - August 30th

Sundays 12:30-1:50PM

## Flex Figure Skating

Skaters can practice any figure skating style during these sessions. Skaters need to contact a Pro directly to arrange lessons. All skaters must check in at the front desk and pay Walk-On Fee BEFORE skating. Coaches are also required to check in and pay the required fee. Walk-On Fee: \$16.00  
Coach Fee: \$6.00/before June 30th; \$7.00/after July 1st.

Flex Pass: \$90.00 for 7 sessions. Flex passes can be purchased anytime at the front desk.

April 6 - May 22nd; July 6 - August 31st

Monday/Wednesday/Friday: 4:00-4:50pm

None: 8/3-8/7/09

Saturdays: 8:30-9:20am; 9:30-10:20am



## Adult Stick Practice

**March 30-May 22nd; July 6-August 31st**

**Monday - Friday 11:30am - 12:50pm**

**\$10/skater - Goalies Free!**

**\*Please note time change 7/20-24; 12 - 1:20pm**

**None: 8/3 - 8/7/09**

**April 12 - May 17th; July 12 - August 30th**

**Sundays 9:00am - 11:00am**

**\$15/skater - Goalies Free!**

**Helmets required; Limited to 20 skaters.**

**SAVE!!! Purchase a punch pass for \$50 and get 7 skates!**

**TIMES SUBJECT TO CHANGE**

**PLEASE CALL IN ADVANCE!!!**

## Adult Instructional Hockey

This program is designed for adults with basic skating skills. Full hockey equipment required. Skaters will learn basic hockey fundamentals through practice drills and game situations.

Call 516-6060 or log onto: [www.doverarena.com](http://www.doverarena.com) for more information.

## Chix with Stix

Beginner/Intermediate league for women. This recreational league focuses on skill development and fun. Games only. Full hockey equipment required.

- Tuesdays, July 7th thru August 25th
- 8 - 9:20pm
- Cost: \$145



## Coed Hockey C-League

An intermediate level hockey league for adults 18 and over. This competitive recreational league focuses on skill development and good sportsmanship. Players register individually and are placed on a team to ensure parity among teams. Monday nights - 7/6-8/31; Cost: \$195

Sign up before June 15th for only \$180!

More information online at

[www.doverarena.com](http://www.doverarena.com) or call 516-6060.

Interested in playing in a league at the Dover Ice Arena? We have leagues for all ages and abilities. Each season draft sessions are held to help place players in the correct skill level.



Please contact us for more information.

**(603) 516-6060**

[www.doverarena.com](http://www.doverarena.com)

Log onto:

**[www.doverarena.com](http://www.doverarena.com)**

for updates on leagues and programs, including stats, schedules, and more!!!

Check us out on the World Wide Web at: [www.dover.nh.gov](http://www.dover.nh.gov)

Dover City Hall	516-6000
Recreation - McConnell Center Main Desk	516-6401
Camp Sun 'N Fun-Bellamy Park	516-6084
Ice Arena	516-6060
Indoor Pool	516-6441
Jenny Thompson Outdoor Pool	516-6085
Dover Community Senior Center	516-6436